



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Fay, Dr. Horst

Club: LG Wolfstein

Number: 309

Course: 26.20 km

Brockenlauf

Category:

Männer M55

Total time: 3:09:02

Speed: 8.32 km/h

Running performance: 7:13 min/km

Rank in course/Total: 298 (of 370)

Rank in course/Men: 259 (of 317)

Best time in course: 1:45:06

Rank in category: 23(of 30)

Best time in the category: 2:09:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Loddenke	3.30	22:49	6:54	28	7:48	286	9:47	3.30	22:49	6:54	8	1:52	255	9:46
Schlüsie	3.10	25:02	8:04	25	8:04	273	11:07	6.40	47:51	7:28	8	5:05	255	20:23
Hermannsklippe	2.60	21:52	8:24	26	7:02	265	10:10	9.00	1:09:43	7:44	8	9:14	255	30:11
Brocken	3.10	34:19	11:04	21	7:18	226	15:18	12.10	1:44:02	8:35	8	12:53	255	44:04
Eiserner Handwe	3.60	24:52	6:54	28	9:28	277	12:24	15.70	2:08:54	8:12	8	16:28	255	56:28
Schlüsie	4.00	21:11	5:17	24	6:56	241	9:58	19.70	2:30:05	7:37	6	16:56	255	1:06:26
Loddenke	3.20	20:14	6:19	25	7:12	254	9:50	22.90	2:50:19	7:26	8	20:41	255	1:16:16
Ilseburg/Markt	3.30	18:43	5:40	22	5:31	209	7:40	26.20	3:09:02	7:12	23	59:04	259	1:23:56